

Here are some easy steps to follow so you can track your period using a simple calendar, diary, or piece of paper:

To measure the length of your period **To measure your period cycle**

Step 1: Write down the first day that you bleed.

Step 2: Write down the first day of your NEXT period.

Step 3: Count the number of days in-between the first days of your period for the two months.

Step 4: Estimate the first day of your next period (3rd month) by counting the same number of days between the first day of the 1st month and the first day of the 2nd month

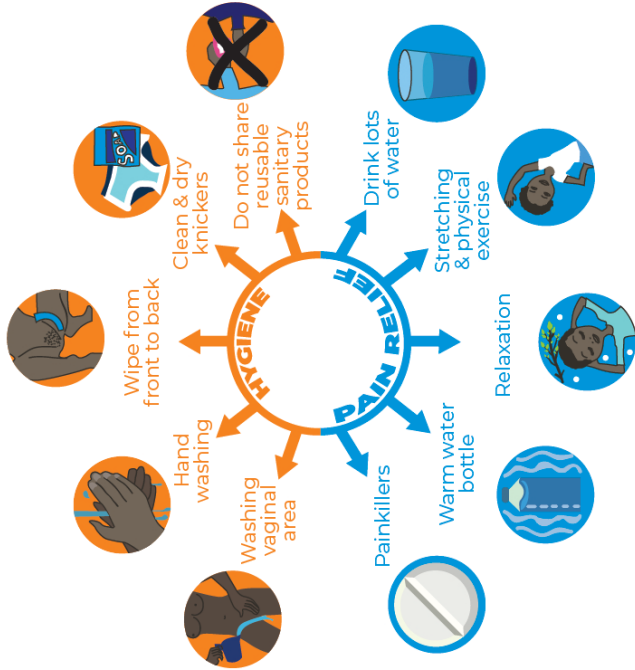
Step 1: Mark down the first day that you bleed.

Step 2: Mark down the last day that you bleed.

Step 3: Repeat steps 1 and 2 for 3 months.

Step 4: Add the number of days you bleed for month 1, 2, and 3 and divide by 3 to calculate the average length of your period.

Happy & Healthy During Your Period



•Pain Management

If you have menstrual cramps, take some pain medication such as ibuprofen or paracetamol. For the best results, try to take these medications the day before your period is due to start or just as soon as bleeding or cramping starts.

If you do not want to or cannot use medication, heat can also help. Place a hot towel or hot water bottle on your lower back or tummy. You can also do some light stretches or other forms of exercise to relieve the pain.

